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An.

Inaugural Dissertation
on
Dyspepsia.

Submitted to the examination of the medical
faculty of the University of Pennsylvania for
the Degree of Doctor of Medicine.

by

Abraham Sclaffenstein
of Philadelphia.

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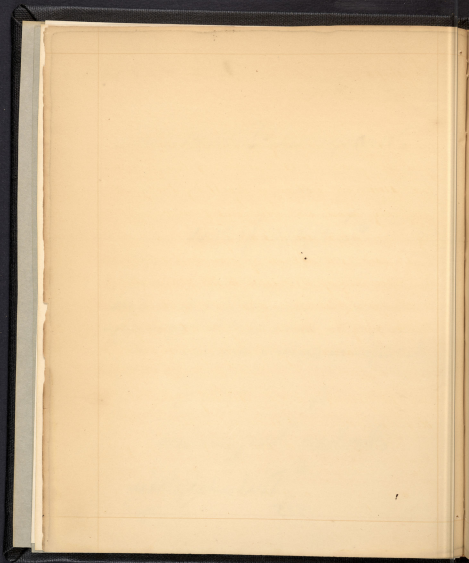
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Dyspepsia may be defined, an inability of the stomach, to digest the food which is presented to it. Although as a general rule there is an inability of the stomach, to digest the food, it is sometimes the reverse, the stomach not only digesting the food properly, ^{but} ~~and~~ in some cases more rapidly than when in a state of health.

Dyspepsia is a disease of common occurrence. It is exceedingly distressing to the patient, and to the practitioner. is often difficult and perplexing in the management, owing to numerous and irregular symptoms which attend it.

The symptoms which usually attend this disease, are, oppression after eating followed by nausea and sometimes vomiting, acid eructations, flatulent distention of the bowels, a gnawing sensation about the pit of

the stomach especially when empty, and the bowels are constipated. There is a sense of tightness about the throat, and the patient during meals appears to labour under great difficulty of swallowing his food. There is also a sense of chilliness, coldness of the extremities, languor, furred tongue, irregular and disturbed sleep, and great dejection of the mind. At length the temper of the patient is liable to be irritated from slight causes, confusion of ideas takes place and he not unfrequently becomes hypochondriac.

If the disease be suffered to advance, other distressing and more painful affections arise, as Cardialgia, Pyrosis, Gastrodynia, and Palpitations of the heart. Palpitations of the heart often arise to such a degree as to lead to the supposition of there

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being organic derangement of that organ. During the course of this disease the bowels become very irregular, and it is not uncommon for obstinate constipation to occur which is sometimes alternated by diarrhoea. The stools present a clay coloured appearance indicating a deficiency of bile.

These are the ordinary symptoms, which generally ^{mark} this disease, but occasionally other anomalous affections arise, as acute pain in the breast, resembling pulmonary consumption, vertigo, extreme tenderness of the scalp, periodical tetanus, Hysteria (in women) and great perversion of vision. This last affection is sometimes of an extraordinary nature. Professor Chapman in his medical lectures when treating of this disease mentions two cases in which he has seen doubled vision.

and another in which total but temporary^{blindness} occurred, alternating with spasm of the stomach. These cases had their origin in gastric irritation, and were cured, by administering proper articles of medicine, adapted to remove the irritations.

If the disease still continues to advance, the vascular system becomes involved. The pulse becomes small, hard and chorded, the skin hot and dry, the tongue clean, and the urine deposits a lacteritious sediment. At length the disease invades the pulmonary system, the bowels give way, hectic fever ensues, and death finally closes the scene.

The causes of this disease have been divided into such as act directly on the stomach, and such as act through

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the medium of the general system. Among the first, is excess in eating and drinking, unwholesome articles of diet, as strong tea and coffee, or the constant and exclusive use of vegetables, or decayed teeth and foul state of the mouth. The taking a variety of articles of food is a frequent cause of this disease; hence we not unfrequently meet with among men in public life, whose occupation furnishes them the means of being frequently invited to tables of luxury.

The practice of taking medicines habitually is another cause of this disease, particularly emetics and the saline purgatives. Among the saline purgatives there is none so pernicious as Nitre; it cannot be taken for any time, without injuring the tone of the stomach, and inducing a number of the symptoms of dyspepsia.

Chewing opium as practiced by some people, is a more frequent cause of dyspepsia than is generally imagined. The reason that we are not often called to treat dyspepsia arising from this cause, is, the moment the least pain or uneasiness is felt of the stomach they resort to the use of opium. In this way by doubling their usual dose, they allay symptoms, not being conscious at the time of labouring under disease, until time the revealer of futurity, makes it known to them when it has assumed a form, out of the power of human skill to afford relief.

Chewing tobacco is another cause of this disease "excepting drunkenness there is no cause so prolific as from the use of tobacco" Although the use of tobacco does not immediately, make the person aware

of its pernicious effect, yet when the effect becomes visible by a display of painful and distressing symptoms it is hard to eradicate. For as the disease has been induced, in a slow but impressive manner, so will it require proportionally, time and a suitable treatment for its cure.

The causes which act through the general system, are intense study, sedentary habits, grief, anxiety and other depressing emotions of the mind. Dissapointment in obtaining the object of an affection is a cause, sometimes truly lamentable; for it sometimes happens that the practitioner is called to females labouring under dyspepsia, with great dejection of the mind. In such cases it is of great importance that we do not mistake the cause of their disease and suggest

of the disease, but in order to effect recovery
it is necessary to employ a course of treatment
which is not only efficacious, but also
safe, and which will not be
injurious to the system, and a suitable
dietary regimen.

The course which we follow in the treatment
of the disease, is to employ a course of
treatment which is not only efficacious, but also
safe, and which will not be
injurious to the system, and a suitable
dietary regimen.

them to severe medical treatment, which will avail but little, so long as the cause continues to act. We should by delicate inquiry endeavour to ascertain the real cause. It often happens that when the wretched females have rejected the confidence of friends, and relatives, they will unbosom themselves to the physician, and he will then have an opportunity of recommending the proper plan of treatment.

Another cause acting on the mind and inducing this disease, is loss in trade, particularly by men who deal in a commercial line where all perhaps depends upon the success of one voyage, but which by proving unsuccessful sinks them into a desponding state of mind, which at length gives rise to an inveterate case of the disease.

Dyspepsia may also be induced by diseased spleen, pancreas, liver, and uterus, owing to the sympathetic connexion between these organs and the stomach.

Dissections of those who have died of this disease, show the stomach relaxed and flabby and an enlargement of its glands. In duodenals, the rugae of the stomach are entirely obliterated, owing to the constant application of stimulus; scirrhus of the pylorus, a thickened and enlarged state of the duodenum and pancreas, and in some instances ulceration of the stomach (as is said to have been the case in Napoleon Bonaparte), are the marks usually discovered.

The causes which give rise to this disease, whether acting directly or indirectly on the

Stomach for a length of time, irritate, and produce more, or less derangement of the nervous influence transmitted to the stomach, and in consequence of this derangement of the nervous influence, the gastric liquor is improperly secreted, digestion becomes interrupted, and in time the many and anomalous symptoms occur mentioned in the commencement of this essay.

Dyspepsia therefore may be said to have its origin in nervous irritation which finally eventuates in inflammation. At first there is a mere functional derangement of the stomach but the irritation being still kept up "congestion and inflammation follow, which in time terminates in more or less structural derangement.

The prognosis will depend much upon

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the length of time, the disease has been suffered to advance, and not a little, upon the cause by which it has been induced. Taken in the commencement, and if it has been induced, by irregularities in diet we may expect to effect a speedy cure; but if the cause of the disease be, a deep rooted affection (placed out of the power of obtaining) true change of scene and a judicious selection of medicines will only effect a cure.

Of the diagnosis little need be said, except that we should distinguish between real and imaginary disease, and not go on dosing, and dosing our patient for a disease of the imagination. or we might ^{be apt to} place him in a situation over which we might with propriety place the epitaph of the Italian Count.

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

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"I was well-wished to be better - took physic and died"

As the disease usually presents, with more or less gastric irritation, it will be right to commence the treatment, by administering an emetic. This will allay gastric irritation, by removing the offending cause in the stomach, and prepare the way for the use of other remedies. To fulfill this indication Ipecacuana is generally preferred to other emetics. The dose is thirty grains: if this should not operate or if the gastric symptoms, still continue, the dose should be repeated.

Nearly allied in their design to emetics, are purgatives, which prove highly serviceable, when a judicious selection is made from amongst them. The saline and drastic purgatives should be avoided.

Rhubarb while it is purgative, at the same time combines tonic properties; hence it is admirably adapted to cases, where we wish to keep up a gentle action on the bowels, and give tone to the stomach. This appears to be the indication in the present case. The only objection urged against its use, is its tendency to leave the bowels in a costive state; but this property may in a great measure be obviated by combination, which, at the same time considerably increases its purgative effect. The pills known under the name of the pyristaltic persuader, is a combination by which the purgative effect of rhubarb is considerably increased. They are made in the following manner.

Take of Rhubarb 3ii

Oil of Caraway seed ℥ drops

Syrup - 3i

Mix and divide the mass into forty pills.
three of which are to taken for a dose.

These are said to display effects, equal
to a scruple of Rhubarb, when given alone.

A common prescription and one which answers
very well is a combination of rhubarb and
aloes Taken in the form of powder or what
is better made into pills by means of
castile soap. If the patient experiences a
difficulty in swallowing pills as is
sometimes the case we may substitute
a tincture as recommended by Professor
Chapman. It is made in the following
manner.

"Take of Rhubarb ʒii

Carraway seed bruised ʒss.

Brandy - - liii

Digest for ten days. The dose is a tablespoon.

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put in a wineglassful of hot water.

After having given an emetic and used either of the above prescriptions; should the patient ^{continue} of pain and oppression of the stomach, attended by flatulent distention of the bowels, and a sense of weight about the duodenum, an infusion of gentian and Senna, is highly recommended. To remove the flatulent distention of the bowels, by which the patient is rendered very uncomfortable, Cassia, is the best remedy. If costiveness prevail it should be combined with Aloes in the following proportions

Take of Cassia - ʒi
 Aloes - ʒss.
 Soap - ʒ.ʒ

Mix and divide the mass into ten pills.

Two or three of which may be given for a dose of mixture of the lac sulphuris and calcined magnesia as a remedy to overcome habitual costiveness is highly recommended by Professor Chapman.

"Take of the lac sulphuris and calcined magnesia of each one ounce and give two teaspoonful of the compound on going to bed"

After having cleared the stomach and bowels of their irritating contents, and established a regular evacuation through them, we may next resort to the use of tonics; but previous to their use however we should ascertain that there exists no inflammation. This may be suspected when the tongue is preternaturally smooth and red, pain in the epigastric region, especially when pressure is applied, and

the pills small, hard, and chordea, so long as these symptoms exist, tonics should be withheld.

Although bleeding in this disease, is not generally recommended: but should we find the above symptoms present, we should not hesitate to employ such means. The bleeding in this as in all other diseases, &c. must be regulated, by the symptoms and the effect it produces.

Having thus subdued inflammation, if any existed, we may then with safety employ tonics. Among the whole class of tonics, there are few articles which alone tonic or other have not been employed in this disease. The vegetable tonics most celebrated for the cure of dyspepsia are Columba, Hops, Quassia, and the Peruvian Bark. This last at one time obtained great

reputation, though at present it ranks in common with the rest. It is given in the form of tincture, decoction or infusion; this last form is the best combined with orange peel.

Among the mineral tonics, and those generally employed, are the chalybeate preparations. Among these the carbonate of iron, holds a distinguished rank. The dose is ten grains three times a day, alone, or combined with other tonics, or aromatics. The following is a good combination.

Take of Carbonate of Iron ℥iii

Powdered Columbo - ℥ss

— Ginger - ℥i

Mix and divide into twelve powders, one to be taken three times a day

The sulphate of iron, is another preparation, employed in this disease. The dose is

the other things at present it seems as
though the rest of the year will be
of the same. It is not a very
good as the last summer with a very few

things the animals there, and the year
will be a very good one. The sheep
will be the best of the year, and the
other things will be the best of the year.
The sheep will be the best of the year.
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The other things will be the best of the year.

two grains three times a day to be taken in solution or in the form of pills; the latter mode is preferable.

While under the use of tonics, we should not suffer the bowels to become constipated. Should this happen it may be removed by small doses of rhubarb or by recurring to the use of the purgative persuders.

The preceding practice may often be sufficient to effect a cure in an ordinary case of dyspepsia; but it not unfrequently happens that other painful, and distressing affections of a secondary nature arise, and then it becomes necessary to select such articles best adapted to relieve them. Among the affections to which I allude is Cardialgia. It arises from a collection of acid matter in the stomach, and to remove this an emetic is undoubtedly the

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best remedy; but it occasionally happens that circumstances will forbid its use and when this is the case we seek relief for the patient from the absorbent medicines. Some water and Milk is an excellent combination. They may be mixed in equal quantities of which a tablespoonful should be taken as often as the symptoms demand. A popular remedy in this affection and one which often proves highly useful is the medicated ley. It is made in the following manner.

Take of Hickory ashes 1 quart

Soot

1 tea cupful

Boiling water 1 gallon

Mix and let it stand for twenty four hours and then decant for use. The dose is a wine glassful to be taken after each meal. If the patient complain of much pain accompanying this affection we may resort to the

The first thing I noticed when I
 stepped out of the car was the
 cold air. It was a relief after the
 heat of the car. I looked around
 and saw a few people walking
 towards the building. I felt a
 little nervous, but I knew I had
 to do this. I took a deep breath
 and walked towards the entrance.
 The door was open, and I went
 inside. I saw a man in a suit
 standing behind a desk. He looked
 at me and said, "What can I do
 for you?" I told him I was
 looking for a job. He said he
 would talk to the manager. I
 waited for a few minutes, and
 then he came back. He said the
 manager wanted to see me. I
 followed him to a small office. The
 manager was a woman. She asked
 me some questions, and then she
 said I could have a job. I was
 happy. I started the next day.

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Carbonate of Potash, made up into a julep to which Laudanum should be added. This will have a tendency to allay acidity, and relieve pain.

It is sometimes the case when we fail to relieve acidity, by the usual absorbents we may succeed by the use of acids. This is a curious fact and one which I have had an opportunity to observe.

Gastrodynia, is another painful affection which sometimes occurs during the course of this disease; and which threatens destruction to the patient if relief is not obtained. Distending the stomach with hot water in the less violent cases may be sufficient to afford relief, but when the spasmodic affection is violent we are obliged to seek relief for the patient by applying to the more active antispasmodics as Musth

Hoffmanns anodyne, Ether, Spirits of turpentine
 or Opium. This last is the best antispasmodic.
 Should the complaint recur often it is
 advised to apply a large blister over the
 stomach. As a preventive of this painful
 affection the tincture of Horra Nera is
 recommended. The Sub-Nitrate of Bismuth
 an article introduced by Dr Odier of Gen-
 èva (which has obtained the confidence of
 many respectable physicians) for the cure
 of spasmodic affections of the alimentary
 canal is worthy of trial. It is given in Doses
 of from five to ten grains three times a
 day.

Dyspepsia or water brash is an affection
 of the stomach which dyspeptics are
 liable to be attacked ^{with} it; it may arise
 either from a decreased action of the pan-
 -creas or a morbid secretion of the stomach

The latter is the most common cause. The remedies for pyrosis are such as have been recommended under the head of cardialgia. Emetics are well suited to relieve the watery accumulations in the stomach; they not only relieve the stomach of its watery contents but by making a strong impression on it subvert morbid and institute healthy action. The oil of amber is a remedy sometimes in this affection. The dose is twenty drops taken in a little sugar and water. When pyrosis is preceded by spasm of the stomach some absorbent julep containing opium should be given. Lime water and milk is an excellent remedy and is generally sufficient to relieve the attack.

Palpitations of the heart arising from a collection of acid matter in the stomach

may be removed by the means pointed out under the head of cardialgia and pyrosis.

Dyspepsia occasionally is one of the most troublesome diseases the practitioner has to encounter; he may go on dosing his patient until his whole list of remedies are exhausted without benefit as respects the final cure of the disease. In such cases it is often kept up from habit - the stomach assumes an indolent state - the gastric liquor is improperly secreted and when food is taken, it always occasions a degree of pain and oppression of the stomach. Would not emetics in such cases repeated every morning have a tendency to rouse the stomach from a state of indolence, correct and increase gastric secretion, and by their revolutionary effect on the stomach institute a healthy process of digestion.

Mercury after all other remedies have failed proves of great advantage especially when the disease is kept up in part by a deranged state of the liver. At first its alterative effect should be tried. For this purpose three grains of the blue mass should be given every night and worked off by some gentle laxative the next day. Having completely tried its alterative effect without benefit it should then be urged to a slight salivation which from its revolutionary effect on the system generally effects a cure.

There is a form of this disease which the practitioner has occasionally to encounter and one which generally proves fatal. I allude to those cases arising from the excessive use of ardent spirit. These are marked by

great oppression of the stomach—great debility
 nausea and sometimes vomiting—loss of app-
 etite and if aliment is taken it is immedi-
 ately rejected. The treatment consists in pal-
 iating the more violent symptoms by the
 use of brandy toddy and opium. There is
 not unfrequently great prostration and
 we are obliged to employ active Stimulants
 as Volatile Alkaly. Camphor. Assafoetida &c
 By the use of these medicines a cordial and
 nourishing diet we may sometimes succeed
 in restoring a degree of healthy nervous
 influence to the stomach and the patient
 feels much relieved; but unfortunately the
 moment this abatement of disease occurs
 he again recurs to his confirmed practice
 of dram drinking and the disease is
 renewed with all its violence which at
 length terminates his life.

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which has a profound influence
upon the life of the nation.

Having thus given a short description of the symptoms, causes and treatment of dyspepsia I shall endeavour in a cursory manner to point out the rules and diet to be attended to by the patient

1st The patient should eat ^{frequently} and a small quantity at a time. This will keep the stomach in constant employment and prevent its falling into a state of indolence; and the patient will not be apt to experience that unpleasant rawing sensation of the stomach, which is the case when empty.

2nd The patient should remain quiet after meal for the space of an hour and not indulge in exercise or a long walk as is supposed by the good housewife to be necessary to ensure the digestive process.

3^d The patient should accustom himself daily to solicit an evacuation from the bowels at a stated hour.

4th Do not present to the patient the food prepared in great quantities, but let him have such a quantity so that after ^{eat} it he will feel a desire for more.

respecting the articles of diet for the patient no disease admits of greater variations; every person in a state of health possesses peculiarities respecting the choice of food and when the stomach is deranged it is natural that these should be increased.

Living exclusively upon milk is said to have effected cures in obstinate cases of this disease. Milk to produce a good

3. The patient is not to be
kept in bed in consequence of the
weakness of a short time.

4. Do not prevent the patient the
food prepared in great quantities
of time have such a quantity of
after it is well but a short time.

5. Regarding the article of diet in the patient
no change should be made
any person in a state of health
prescribing regarding the state of
food and when the stomach is
weak it is natural that these should
be increased.

6. Being extremely open with to the
have perfect cure in the case
of this disease. With a few more of

must be continued for a long time. ~~Now~~ In some patients, it occasions acidity and great distress of Stomach and we are obliged to discontinue its use.

The lighter kind of solid animal food will generally be found to agree with dyspeptics.

All Articles which engender acid in the stomach should be avoided such as cabbage, turnips &c. Strong tea and coffee are injurious - soups of all kind distend the stomach, lessen the appetite for solid food and create acidity of Stomach.

Such is often the state of the Stomach in dyspeptics that it is difficult to say what kind of food is best.

with the intention for a long time. 1821.
 many of which it occupies nearly one
 great district of the east and we are
 obliged to derive from it the
 the higher part of which is almost lost
 will be very different to the other world
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All articles which enter the coast in
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 as cabbage, turnips &c. though the one
 often are improving - others of all kind
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but is often the state of the stomach
 in dyspepsia that it is difficult
 to say what kind of food is best.

adapted to the case and the physician
 is obliged to let the patient consult
 his stomach to discover the proper diet.

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A letter to the wife and the children
is enclosed to be sent by the
post. I have not time to write to
you.